

**Abstract**

One object of the invention is to provide a container for cooking foods that (1) enables cooking while maintaining an appropriate moisture content, even when the container is heated by an external heating means such as a microwave oven, and (2) can be opened easily. Another object is to provide a container that is equipped with a separate seasoning means that enables the foods to be seasoned automatically, without that needing to be done manually by a user, and for the seasoning means to be removed easily. The container, which is formed of a polyolefin-based sheet, comprises a container body and a cover and is provided with a pressure-releasing part whose adhesion strength is weak enough so that it can be opened by the vapor pressure that is generated inside the container when it is heated. Also provided is a packet that contains liquid seasoning and that can be opened by the vapor pressure that is generated by heating the container, so as to make the liquid seasoning flow out. The seasoning packet has a tab that can be gripped by a user's fingers, enabling said pack to be easily removed after seasoning and cooking.